

9TH GRADE WHITE BELT FORM

KI BON

TECHNIQUE

STANCE

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| 1. LEFT LOW BLOCK (TURN LEFT 90°) | LEFT FRONT |
| 2. RIGHT MIDDLE PUNCH | RIGHT FRONT |
| 3. RIGHT LOW BLOCK (TURN RIGHT 180°) | RIGHT FRONT |
| 4. LEFT MIDDLE PUNCH | LEFT FRONT |
| 5. LEFT LOW BLOCK (TURN LEFT 90°) | LEFT FRONT |
| 6. RIGHT MIDDLE PUNCH | RIGHT FRONT |
| 7. LEFT FRONT KICK | |
| 8. LEFT MIDDLE PUNCH | LEFT FRONT |
| 9. RIGHT FRONT KICK | |
| 10. RIGHT MIDDLE PUNCH (KIHAP) | RIGHT FRONT |
| 11. LEFT INNER FOREARM BLOCK | MIDDLE |
| 12. LEFT KNIFE HAND | MIDDLE |
| 13. RIGHT INNER FOREARM BLOCK | MIDDLE |
| 14. RIGHT KNIFE HAND | MIDDLE |
| 15. LEFT HIGH BLOCK (STEP BACK W/RT FOOT) | LEFT FRONT |
| 16. RIGHT HIGH BLOCK (KIHAP)
(STEP BACK W/LT FOOT) | RIGHT FRONT |

RT= RIGHT

LT= LEFT

STEP BACK WITH RIGHT FOOT TO THE READY POSITION